

## LIFESTYLES

HAWAII MARINE B SECTION

MAY 20, 2005



Banana Boat riders fall all over each other as they are flung around a turn in Koko Marina. The Banana Boat only goes 15 mph, but with the driver making sharp turns, riders of this Hawaii Water Sports' Banana Boat can be tossed around easily.

# wake riding a wake

From bananas to wakeboards, Hawaii Water Sports has it all

**Story and Photos By  
Kristin Herrick**

*News Editor*

**HAWAII KAI, Hawaii** — Bananas — high in potassium and great with ice cream and chocolate syrup — but what good are they when combined with a boat and a rope? At one Oahu shop, watersports enthusiasts can get a taste of what it's like to ride atop a 12 1/2-foot, plastic version of a fruit grown right here on the island.

Hawaii Water Sports in the Koko Marina Shopping Center soaks visitors in sun, water, and opportunities to wakeboard, ski, surf, Jet Ski and, of course, take a ride on a giant inflated banana.

"This is the perfect location," said Hawaii Water Sports Boat Captain Robert Pacini. "There's diving, parasailing, skiing and much more— all in one place. And, we're the only ones on the island that still do wakeboarding."

According to Pacini, who has worked at Hawaii Water Sports for six months, the Banana Boat is the shop's most popular ride. Up to six people can ride at one time, which is great for families and groups of friends who want to experience the ride together. At first glance the ride doesn't look very intimidating; after all, it says right on the boat not to tow faster than 15 mph. But, once the boat creates some wake, the Banana becomes one slippery, bouncy ride.

"When you get six friends together on it, it can get to be complete mayhem. They have tons of fun falling on each other," said Pacini.

For a truly Hawaiian experience, Hawaii Water Sports has recently added a surf tour to its list of activities. The 1 1/2-hour tour takes surfers-to-be, by boat, right to where the waves are breaking. Visitors disembark onto a larger boat at a secret Hawaii Kai location to get their lesson.

"It's a good way to learn," said August Van Biene, a surf instructor at Hawaii Water Sports. "It's a secluded area, and there's not much paddling to do since the waves are right there."

If it's speed visitors are after, wakeboarding is just the activity for an adrenaline rush. Boarders are given a quick lesson from a Hawaii Water Sports instructor and, after zipping up their life vests they are in the water in no time.

Once in the water, boarders crouch with their knees together and arms out

straight. The instructor then moves the boat forward, slowly, and the tension lifts the board to the top of the water. Once boarders are gliding on the water, they are instructed to stand up, turn their body to the side in one smooth motion, but before they have time to think they're most likely back in the water. After an attempt or two, novices are feeling the wind through their hair and discovering muscles they never even knew they had as they cruise around Koko Marina.

The most important thing to remember about wakeboarding is to just relax, said Pacini, adding that it's easy to learn.

"People like it because it's similar to surfing, and there are a lot of trick opportunities. You can do multiple combos and catch a lot of air. And, it's not too dangerous since you're only hitting water."

Another high-intensity activity is the bumper tube ride. Riders are whipped across



Feeling brave toward the end of his ride, Sonny from Pauoa (left) stands up on the bumper tube while friends Lianne Manalo and Clifford Doctolero take the safe route and remain belly down on the tube as they cruise around Koko Marina in Hawaii Kai. Despite a valiant effort, Sonny did not remain upright for long.

the water, catching air and flying off the tube around nearly every turn.

"It's fun — a lot harder than it looks,"

admitted Clifford Doctolero, an Oahu resident who also tried parasailing and Jet Skiing.

Whether visitors are out for a relaxing glass-bottom boat ride or a high-intensity wakeboarding session, Hawaii Water Sports can easily accommodate. They offer combination specials as well as single-ride options. Service members and kamaaina receive \$5 off single-ride prices. To book your outing with them, call 395-3773.

Several other water sports centers offer similar activities throughout the island, many of which are in Koko Marina Shopping Center. To check out all Koko Marina has to offer, visit [www.kokomarina.com](http://www.kokomarina.com). Waikiki, Kailua and the North Shore also boast water sports outfitters.



A tourist leans back to keep her balance while wakeboarding, Friday, at Koko Marina Shopping Center in Hawaii Kai. Boat Captain Robert Pacini, a watersports instructor at Hawaii Water Sports, said the most important thing to remember about wakeboarding is to remain relaxed.



# Theme parks offer deep discounts

Armed forces members, families offered tickets to military appreciation events nationwide via ITT

**Yibeli Galindo-Baird**  
MCCS Marketing

Information, Tickets and Tours has always been a one-stop shop for all entertainment-related needs. This summer, ITT offers tickets to events that can make vacations exceptionally memorable while providing the entertainment community the opportunity to express their appreciation for military service members and their families.

May 5 kicked off the beginning of Disneyland's 50th anniversary ceremony that features the theme "The Happiest Homecoming on Earth." The commemoration will last 18 months and include eight of Disney's 10 theme parks. In addition to Disneyland in Anaheim, Calif., other parks participating are located in: Lake Buena Vista, Fla.; Tokyo, Japan; Paris, France and Hong Kong, China. Even the Disney Cruise Lines won't miss out on the party with nautical celebrations of their own.

In Anaheim, new attractions will be launched as part of the anniversary. Children who are fans of the movie "Toy Story 2" will be thrilled to find a new attraction featuring Buzz Lightyear, one of the main characters of the film. "Buzz Lightyear



Photo Courtesy of MCCS Marketing

**Disneyland invites armed forces personnel and their families to take part in their 50th anniversary celebration. MCCS ITT offices are offering deeply discounted tickets to these and other theme parks.**

Astro Blasters Interactive Experience," opening June 6, will allow children to team up with Tomorrowland guests to fight the forces of evil, led by Zurg, in their very own Star Cruiser, Lightyear's intergalactic vehicle of choice. Walt Disney's "Parade of Dreams"

will make its way through the theme park twice a day, showcasing acrobatic acts, music and aerial displays that will leave spectators speechless. Those looking for memorabilia will surely find something to their liking in "Disneyland — the First 50 Years," an exhibit presenting Disneyland artifacts collected since the park's opening on July 17, 1955.

"My toddlers will have fun. They may not remember later, but they'll have fun in the moment. I'll be sure to take lots of pictures," said Patti Lai, a first-time ITT customer who compared prices thoroughly before concluding that ITT offered the best prices. Lai used to work for Disney and will be visiting at the end of the month. "Besides working for Disney, this is the next best way to get the lowest-priced tickets."

Disneyland's one-day hopper passes, which enable guests to visit both Disneyland and the adjoining California Adventure Park, are available at ITT in limited supply due to the celebration. Guests 10 and older pay only \$59, compared to \$73 at the door. Children 3 through 9 pay \$54, instead of \$63. Regular one-day passes are also available. Pricing is \$46 for individuals 10 and older and \$41 for children 3 through 9, a savings of \$7

and \$2 per ticket, respectively. Other theme parks worth visiting this summer are the Anheuser-Busch family of parks. Better known as Sea World, Sesame Place and Busch Gardens, these parks are honoring both military members and their families through the end of the year.

Per a statement issued by Anheuser-Busch, members of the armed forces and as many as three direct dependents are entitled to a free single-day admission to any one of Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks during the 2005 season. Service members interested in this admission program should register at [www.herosalute.com](http://www.herosalute.com) or can do so in the entrance plaza of participating parks. Members must present their military identification card at the park.

"In our own small way, we're giving something back to the brave men and women and their families who make sacrifices every day for our country," said August A. Busch IV, president, Anheuser-Busch Inc., as quoted in a MCCS May Okinawa Living article. "As a salute to America's heroes, we wish to extend a message of thanks and an invitation."

Last year Anheuser-Busch donated \$1 million to create the Intrepid/Anheuser-Busch Fallen Heroes Fund to provide scholarships to spouses and children of U.S. military and coalition personnel killed

during the war in Iraq. The company has supported the U.S. armed services for nearly 150 years.

ITT can make a visit to SeaWorld Adventure Park in San Diego a lot more enjoyable by providing substantial savings on tickets. While regular single-day admission to the park is \$50.95 for adults and \$40.95 for children from 3 to 9, ITT patrons pay only \$43.75 for adults and \$35.75 for children.

Christopher Sereno, ITT manager for Marine Corps Base Hawaii, Kaneohe Bay, and Camp Smith, said he is excited to be able to offer tickets to these facilities — particularly during these special celebrations.

"I have heard stories of how emotional attending the 'Salute to Heroes' event at SeaWorld has been and how people have called into the parks' customer service line saying how touched they were to be recognized during the show," said Sereno. "I would not want anyone to miss that."

Sereno also emphasized how ITT offers tickets for these and many other local and mainland facilities, year-round.

Tickets are available to military ID cardholders at both the Mokapu Mall location on K-Bay, and the Camp Smith office on the second deck of the Marine Forces Pacific building. To purchase tickets or more information, call K-Bay's ITT office at 254-7653 or Camp Smith's ITT location at 477-5143.

## MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

### Possibilities in Paradise

**Kahuna's Bar & Grill**  
254-7660/7661

**Latin Night Returns to Kahuna's** — If Cinco de Mayo was to your liking, then come back to Kahuna's Sports Bar & Grill for a repeat performance by El Conjunto Tropical. Their live renditions of popular merengue, bachata and salsa music will have you



dancing the night away. The band starts playing at 10 p.m.

**Hot Country Nights** — Wear your cowboy hat and jeans proudly at Kahuna's weekly country music party Wednesday. Featuring the tunes of none other than Charlie Garrett, you can two-step or step right up to the mechanical bull, which will also be available.

**The Officers' Club**  
254-7650/7649

**Splash Tuesdays** — Start looking for that bathing suit, find your rubber ducky, and bring your brightest beach towel to the event that marks the official beginning of summer at the O' Club. Starting May 31, and every Tuesday thereafter through Labor Day weekend, members and authorized guests can party at the pool from 10 a.m. to 2 p.m.

Grilled items will be available on site with tasty items to fill up both adults' and childrens' tummies. Splash Tuesdays are guaranteed to whet your appetite, and wet those in and around the pool as well.

For more details, call 254-7650.

**New Pool Hours** — Effective May 31, the following hours will be in effect for the pool at the club: Tuesdays through Saturdays 10 a.m. to 2 p.m.; Sundays 10 a.m. to 4 p.m. The pool will be closed on Mondays and holidays.

### All Hands

**Power Outage Scheduled at Package Store and Subway** — From 12 a.m. to 2 p.m. on Saturday, the Package Store and Subway, both located at the corner of Lawrence Road and 3rd Street, will experience a temporary power outage. Plan your purchases accordingly.

**Marshall Plan Exhibit at the Base Library** — A new exhibit from

the Hawaii Council for the Humanities called "The Marshall Plan: Cooperating to Rebuild Europe" will be on display through the end of this month.

This is also a good time to take a look at the Asian-Pacific American Heritage poster display located throughout the library. Books about or written by famous Asian-Pacific Americans will be set aside in recognition of Asian-Pacific American Heritage Month celebrations as well.

For more details, call 254-7624.

**Last Day to Enter Cutest Pet Contest** — Don't miss your last chance to make your pet become a base celebrity. Today is the last day to enter your pet in the Veterinary Treatment Facility's Cutest Pet Contest.

The contest is open to all military and their family members. Photo prints no larger than 4 inches by 6 inches will be accepted. Be sure to make copies of the entry photo for your pet and all other admirers, as the submissions will not be returned. Label each picture with your name, your pet's name, your military status and a contact phone number.

Entries can be placed at the VTF or at any of the drop boxes located at the K-Bay Commissary, the Marine Corps Exchange, Lava Java's, Kahuna's, the Semper Fit Center, the Child Development Center, or the Post Office. At Camp Smith, look for drop boxes at the Pacific Command Eatery and at the Information, Travel and Ticket office at the Marine Corps Exchange lobby, on the second deck of the Marine Forces Pacific building.

The winner will be selected over the weekend. All participants' photos will be posted at the VTF. First-, second- and third-place winners will receive flea, tick and heartworm prevention medicine.

For more details, call 257-3643.

**MCB Hawaii Hosts Job Fair** — The annual Marine Corps Base Hawaii Job Fair will be held today from 9 a.m. to noon at Kahuna's Community Ballroom.

The job fair is open to all armed

forces personnel, retired military, reserve Marines, DoD employees and their family members. This is a great opportunity for job seekers to network with local and government agencies and apply for job vacancies. Bring your résumés and dress appropriately.

Due to the professional nature of this event, children will not be admitted. The MCB Hawaii's Marine Family Services and Joint Employment Management System jointly sponsor this event.

For more details, visit [www.JEMS.Hawaii.com](http://www.JEMS.Hawaii.com) and click on Job Fair/Events from the side menu or call Roberto Katekaru, at 257-7790.

**Base Theater Offers Sneak Preview** — While we can't share the name of the movie, it will be worth the trip to the Base Theater Saturday. Admission will be free and the movie is rated PG-13.

For more information about the movie, drop by the theater.

**Celebrate National Pet Week** — Sunday through May 28 is National Pet Week. No matter what kind of pet you have, dog, cat, lizard, or snake — show them lots of love this week.

Drop by the Veterinary Treatment Facility to see the picture of the Cutest Pet Contest winner and pick up informational handouts.

Appointments scheduled during this week's "Clinic Days" will be complimentary.

For more information, contact the VTF at 257-3643.

### Ongoing

**Ba-Le Sandwich Shop Trailer Opens** — Come to the Firestone parking lot and visit the Ba-Le Sandwich Shop, a temporary vendor that will feature breakfast and lunch selections during the reconstruction of McDonald's, which closed Monday for approximately 120 days.

The menu includes croissant sandwiches, chicken egg rolls, long rice plates and pho, or Vietnamese rice noodle soups.

Ba-Le Sandwich Shop will be open



Mondays through Sundays from 6 a.m. to 2 p.m.

For more information, contact Food and Hospitality at 254-7639.

**Order Your Lunch on the go at Kahuna's** — Need to grab a bite to eat, but don't have time to sit down at Kahuna's? No problem — just use their quick and convenient pickup service. Call 254-4183, place your order — between 10:30 a.m. and 1:15 p.m., Monday through Friday — and then pickup your lunch at the bar. It's just another way that Kahuna's keeps you satisfied.

**Mongolian Barbecue at the Staff NCO Club** — Take part in the newest dinner alternative: Mongolian barbecue at the club.

Every Thursday from 5:30 to 8:30 p.m. enjoy a colorful and fresh selection of meats, vegetables, spices, oils, and other ingredients and create a dish that will satisfy your appetite.

Members pay 65 cents per ounce; nonmembers pay 75 cents per ounce.

Reservations are highly recommended, as club seating tends to fill up quickly. For reservations and information, call 254-5481.

**Self-Storage Lockers Almost Full** — The new reservations system at The Lodge is fully functional and almost full, so make your official reservation for one of more than 250 units, of various sizes.

To reserve your unit, have your credit card information available when you call The Lodge at 254-2806.

**ASYMCA Playmornings** — Military parents and their children can spend quality time together on a daily basis from 9:30 to 11 a.m. at one of our five sites on base.

There are games, crafts, songs, and other entertaining activities. Parents can also receive information on positive parenting techniques.

The program is free, requires no registration, and takes place at the following locations: Mondays — ASYMCA in Building 1638; Tuesdays — Building 477 (the old Teen Center); Wednesdays — Super Playground; Thursdays — Connor Loop Playground; Fridays — Super Playground; rainy days — ASYMCA in Building 1638.

Call the Armed Services YMCA at 254-4719 for more information.

SM&SP

All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in Building 1629, inside the Kahuna's Recreation Center. Get more details on activities at [mccshawaii.com](http://mccshawaii.com) under the "Semper Fitness" icon, or call 254-7593.

**Shank 'n' Slice Best Ball Golf Tournament:** Register now for this quarterly golf tourney to be held June 16 at 12:30 p.m. Cost is \$27 for E5 and below, \$34 for E6 and above. Bring your boss and show him or her who really rules the course. There is a limit of one boss per player and the sponsor must play with their guest. Check in at 11:30 a.m. Fees include green fees, cart, prizes, pupus and beverages. Prizes will be awarded.

**Xbox Tournament:** Think you're the best at playing Halo 2? Then prove it at this tournament, happening June 4 at 10 a.m. at Kahuna's Recreation Center. Four-person teams are required and the fees are \$5 per-player. Players must bring their own controller. Prizes will be awarded for the first-place team, which will play in the Inter-Service Tournament to be held in August. Register by June 1 by calling 254-7593.

MOVIE TIME

***Prices:** Adults, 12 and older, \$3; children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office.*

*Call 254-7642 for recorded information.*

***Sneak Preview Policy:** One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.*

Guess Who (PG-13)	Today at 7:15 p.m.
Miss Congeniality 2 (PG-13)	Today at 9:45 p.m.
SNEAK PREVIEW (PG-13)	Saturday at 7:15 p.m.
The Ring 2 (PG-13)	Saturday at 9:45 p.m.
Miss Congeniality 2 (PG-13)	Sunday at 2 p.m.
Beauty Shop (PG-13)	Sunday at 6:30 p.m.
Guess Who (PG-13)	Wednesday at 6:30 p.m.
Fever Pitch (PG-13)	Friday at 7:15 p.m.
Beauty Shop (PG-13)	Friday at 9:45 p.m.



# Graduates complete 2-year PME

**Sgt. Joseph A. Lee**  
*Sports Editor*

Forty-six Marine Corps, Army and Navy officers, and one civilian assigned to various units and bases throughout Hawaii, were congratulated for completing prescribed officer professional military education programs at the College of Continuing Education Satellite Campus Hawaii.

General William L. Nyland, assistant commandant of the Marine Corps, spoke at the ceremony, held at the Base Theater on Tuesday

and presented the Command and Staff College and Expeditionary Warfare School Distance Education Program graduates with their diplomas.

Twenty of the 47 graduates completed the CSCDE Seminar program, which is an intermediate level Professional Military Education usually attended by Marine Corps officers who hold the rank of major. The remaining 25 officers of varying ranks and two staff noncommissioned officers were graduated from the EWSDE program prescribed for captains and chief warrant officers 3 and 4.

While both programs are required PME for their respective grades, the officers who attend the satellite campus seminar program sacrificed much more of their time, spending several hours per week in a classroom environment, away from their families.

“Much of the thanks need to go to the families of these Marines,” said Gen. Nyland. “Because you make us what we are, and there is no way we would accomplish some of the things we do without the support and love of our families. The officers that are present here today did this thing the hard way, and they

should be congratulated appropriately.”

According to retired Col. Bill Peoples, regional coordinator for the CCE Satellite Campus at MCB Hawaii, this EWS class was the first to experience it, in whole, as the EWSDE program after its transition from the Amphibious Warfare School DEP.

“The change definitely offers our Marine officers much more education,” said EWS course instructor Lt. Col. Christopher Martin. “The AWS course, a couple years ago when I

*See GRADUATION, B-6*



## Youths defy drugs

Brothers Brennen (front), 10; Caleb, 12; and Andrew, 14, sons of Tanya Astorga and Navy Chief Petty Officer Cesar Astorga, leading chief for Marine Aircraft Logistics Squadron 24, Marine Corps Base Hawaii, Kaneohe Bay, display their Drug Education For Youth certificates following a graduation ceremony, May 14. Andrew participated by being a Junior staff member and helping his younger brothers graduate, with about 30 others, from DEFY. The program is designed to educate children, 9 through 12, about the self-destructive effects of using illegal drugs by teaching them, among other things, about drugs, self-esteem, conflict resolution, and leadership skills. Also as important, after graduation, DEFY graduates have the option of enrolling in a follow-up program that continues to build upon the lessons learned in the initial DEFY program.

Gunnery Sgt. Claudia LaMantia

### Deployment

## Reunion’s shark-infested waters: part one

**Michele Adams-Thompson**  
*Hawaii Army Weekly*

*Part 5 of a 9-part series*

The use of certain metaphors can be tricky stuff. I use the idea of shark-infested waters in a shameless attempt to get your attention, but there’s more than just that. We’ve been talking in this column about reunion. We all hear so much

“Marine or Sailor talk” about every possible program or event coming down the pike that sometimes we’re tempted to stop listening.

Don’t stop listening to what is being discussed about reunions because if you do, you could pay big. How do we know this? Because there are lots of military families out there who’ve gone through the long deployments of the last few years, and they are the ones telling us that

we check out of the discussion at our own peril.

So far, we’ve talked about the month of frenzy just before your Marine or Sailor gets home and what that can look like. It’s the big month of the big countdown and it can make you crazy on a big scale. Make sure you don’t tire yourself out while preparing for your Marine or Sailor to get home that you can’t enjoy the moment once he or she does.

We’ve looked at homecoming day and practical ways you can plan ahead to make it happy instead of hazardous. These are things like talking through realistic expectations about how it will happen and planning to keep your own immediate family’s needs — for time and space — ahead of even the extended family’s, that may be pressuring you to share this intense time. It’s tough to stand up against the forces that work

against your family’s best interests, but it pays real-life dividends.

Then there’s the “second honeymoon” phase that we can look forward to that lasts the first weeks or months he or she is back. And even though a lot of military families talk about how the emotions might not catch up to the reunion as quickly as our bodies do, it’s still a great time to

*See REUNION, B-8*



# COMMENTARY



Mario Diprete, safety specialist with the Base Safety Center, Marine Corps Base Hawaii, Kaneohe Bay, poses with a M1030-M1, a Kawasaki KLR650 that Hayes Industries converted to a diesel engine for use in theater, while at a Rider Coach training course at Camp Pendleton last year.

## Biker shares joy of riding

**Mario Diprete**  
*Base Safety Center*

What is it about motorcycles? You wake up early on Sunday morning to make the trip to some parking lot to meet and gaze upon the sight of a dozen or so bikes and riders that are there because of the same impulse. Some folks seem to have no hobby at all, you say?

The definition of a hobby is something that takes up all of your time, love, and, most of all, your extra cash. I think most motorcyclists would consider ownership of a bike a hobby and fall into all of the above. For others, it's a way of life.

This month is Motorcycle Awareness Month. As an avid motorcycling enthusiast, I thought I'd share some of my thoughts.

I'm truly a hardcore lover of motorcycles; I'm one of those whose head turns in an instant upon discovering anything on two wheels with a motor larger than 50cc's. Those who ride can relate. My friends say it's a sickness. I say it makes me who I am. My bikes — yes, I have more than one — keep me grounded. Without them I feel disconnected. Even though there is something basic linking all riders together, there are as many different reasons for riding as there are riders. For me, there's nothing like moving through the air on a well-made machine, taking in the passing scenery, the smell of freshly cut grass or the fragrant tropical fragrance of island flowers combined with the salt air of the Pacific. No worries, just the wholesome pleasure of the ride. Most of the time it doesn't matter where, just as long as the road is open.

Motorcycles are charismatic objects. People are rarely neutral in their opinion about the subject. They either love 'em or despise 'em. That's where we, as motorcyclists, need to do our part as ambassa-

dors of our sport, hobby, lifestyle, sickness, or whatever you want to call it. One doesn't ride a motorcycle if one wishes to remain invisible. It takes a different breed of cat that's willing to accept the many variables and consequences of riding. But, if you can rise above that and learn the basics, make mistakes — not too serious, if you're lucky — and learn from it all, you begin to discover a very different world of motoring — going on lots of rides, alone, with good friends and occasionally, near strangers.

Me? I spend the week eagerly waiting for the early weekend mornings. Sometimes I don't sleep well the night before. I guess it's because of the anticipation of what the next morning's ride will bring. The cool rush of the morning chill, the magnificent sight of the sun rising off the coast while riding down the eastbound lane of the H-3. Remember the sickness part?

When facilitating rider courses at the Safety Center, I try to display this enthusiasm. Keep in mind that my intentions are not to promote motorcycling, but the positive attitude toward the responsibility we have. Reminding those who ride to conduct themselves in a manner that leaves an acceptable impression, for we are all judged as a whole out on the roadway. It's truly a pleasure to be with those who attend these sessions. A large percentage is young and eager. Many immerse themselves in the concepts and principles of sound riding. With this cooperative relationship, mutual goals are shared and only positive results can come from it. Life can only get better. It certainly has for me.

Riding a motorcycle makes me feel many different emotions — powerful, elevated, peaceful, happy, rested, and tranquil. Sometimes, it happens all within the same five miles. I guess it's the answer to the question.

Ride Well.

## Mrs. Hawaii United States 2005 Crowning achievements

### Kerry S. Cecil: force of one as mom, active volunteer

Last week, *Hawaii Marine* introduced its readership to Mrs. Hawaii United States 2005 Kerry S. Cecil, wife of Marine Corps Master Sgt. Eric Cecil, intelligence operations chief assigned to Marine Forces Pacific, Camp Smith, Hawaii.

This week we would like to offer you more information on Kerry by including a summary of her achievements at Camp Pendleton, Calif., and here at Marine Corps Base, Kaneohe Bay, Hawaii. Also included is a link to the Mrs. United States Web site: [www.tftj.com/Mrs/US/a\\_photos.htm](http://www.tftj.com/Mrs/US/a_photos.htm).

As the reigning Mrs. Hawaii United States, Kerry will go on to compete in the Mrs. United States pageant to be held in Las Vegas in July. As this pageant nears, *Hawaii Marine* will once again feature Kerry and her most recent achievements.

#### Kerry S. Cecil

Kerry has been an active volunteer both within the military community and out. She was the Key Volunteer coordinator for Headquarters Battalion, 1st Marine Division, during Operation Iraqi Freedom from August 2002 to December 2003-12/03, helping take care of more than 700 military families. She ran the Food Locker distribution at the HQBN chapel during that time, was a Leadership Education Seminar Crew Member, organized the assembly and distribution of "Welcome Home" gift bags to more than 700 single HQBN military members, co-coordinated and wrote the monthly HQBN/1st Marine Division newsletter, participated in a Los Angeles radio station radio-thon, raising over \$500,000 for scholarships for the children of military members KIA/WIA. She was recognized for her contribution to the welcome home efforts of the walking wounded at Camp Pendleton.

Kerry also spearheaded the Pennies For Play Phase II campaign at Camp Pendleton's San Onofre Elementary School to raise more than \$5,000 for a new playground for the kindergartners

after theirs was condemned and torn down.

During all these volunteer efforts, she raised two sons and took care of two dogs, two cats and a horse at the base stables, while her own spouse was deployed first to Afghanistan and then Iraq.



CECIL

She has been recognized for her Volunteer efforts by Governor Gray Davis of California, the San Diego County Women's Council Navy League, the USO Council of San Diego, the San Diego Armed Services YMCA,, awarded a Certificate of Recognition by the California State Assembly, letters of recognition by both base commanding generals during her time on Camp Pendleton, Maj. Gen. D.F. Bice and Maj. Gen. W.G. Bowden as well as then commanding general of I Marine Expeditionary Force, Lt. Gen. M.W. Haggee, now United States Marine Corps Commandant.

She is a published poet, having her poem "The Ivy League" published in the Marine Corps family magazine Good Sense. Her most treasured possessions, however, are the certificates and letters of support from Lt. Gen. James N. Mattis.

In October 2004 Kerry had the pleasure of being the Kaneohe Bay Marine Corps Base Air Show's "Official Greeter" for the arriving Air Show performers and aircrews.

Her family was PCSed to Hawaii in January of 2004. Her husband Eric is a master sergeant with the G-2 at Marine Force Pacific. They have two sons, Joshua, age 12 and Kane, age 8, who attend Mokapu Elementary School aboard Kaneohe Bay, where they reside. Eric and Kerry will be celebrating their 15 year anniversary this year.

Kerry's hobbies include gardening and jewelry making. They were recently awarded MCB Hawaii Yard of the Quarter. She is an avid collector of angels and Santa and adores decorating her home for the holidays. Last year she opened her doors to share her love of Christmas as a participant in the 2004 MCB Hawaii, Kaneohe Bay Annual Tour Of Homes to nearly 200 guests.

Kerry is a former Miss Bellflower, Calif., and placed in the top 10 in the 2001 Ms. Semper Fi pageant.



# Chef loves choice of occupation

Chef of the Quarter finds reward in thanks and smiles

**Pfc. Roger L. Nelson**  
*Combat Correspondent*

While they are in the Marine Corps, every Marine strives to prove they are the best at their job. The Chef of the Quarter competition was organized so that person could be identified.

“Every cook in the competition is out to do their best,” said Lance Cpl. Xavier M. Greaber, food service specialist with 2nd Battalion, 3rd Marine Regiment, as he accepted the Chef of the Quarter award.

Greaber, a Houston, Texas native, said he had no idea how to cook before joining the Marine Corps.

“I never cooked or anything when I was a civilian,” admitted the 19-year-old, “I wanted to learn a trade and when I

joined the Marine Corps. I saw that cooking was a choice, so I chose that. Now I love to cook, because I can be creative.”

The young chef said that he was not the only person to be credited with winning the Chef of the Quarter award.

“I have a lot of people who helped do so much to prepare for this competition,” said Greaber. “It took a lot of time, and without their help, I don’t know if it would’ve turned out as well as it did.”

The Texan further explained that there were more sections in the chef of the quarter competition than just cooking.

“The competition actually had an oral board, an Alpha uniform inspection and written test to go along with the cook-off,” he said. “I scored well on the written and oral test and thought that would’ve been the most difficult part of the competition.”

According to Greaber, the hardest part of the competition for him was the cook-off because of the amount of time it took to create his meal.

“The cook-off seems like it would be easy, but it is by far the most demanding and is no easy task,” admitted the chef of the quarter award winner. “I went to work at 7 p.m. the day before and stayed until 4 a.m. to prepare my meal. Then I had to be back at work at 7 a.m. the next morning to get everything set up.”

Greaber said that at first he only had a main meal, but soon everything else started to come together once he had decided on the main course.

“It wasn’t like the last Chef of the Quarter competition where there was a certain ingredient you had to use,” said Greaber. “So it was like putting together a puzzle. Once I got my main dish, the sides started to fit in.”

The young Marine said that a cook is nominated to be in the competition, but has to meet certain requirements.

“You have to be squared away, first of all,” said Greaber. “The people in the competition get nominated by a staff noncommissioned officer and then all of the competitors are narrowed down

to the amount of people allowed in the competition — which was five this quarter.”

There is, according to Greaber, more to the competition than just winning an award for being the best chef.

“This job is difficult, and people don’t realize that,” said the Texas native. “The cooks just want a simple, ‘Thank you,’ sometimes. But seeing the smiles on all of the peoples’ faces when they ate my food today was well worth the time and effort I put into my work.”



Pfc. Roger L. Nelson

Lt. Col. James S. Connelly, commanding officer, Headquarters Battalion, serves himself some of the oxtail cooked by Navy Petty Officer 3rd Class Kesturia M. Laidlaw, culinary specialist, assigned to VP-9, at the Anderson Hall Dining Facility, May 11.



Pfc. Roger L. Nelson

(From left) Chef of the Quarter Lance Cpl. Xavier M Greaber, 2/3 stands with fellow chefs Navy Seaman Apprentice Jeremy J. Landi, VP-4; Navy Seaman Apprentice Nicholas T. Konopka, VP-47; Navy Petty Officer 3rd Class Kesturia M. Laidlaw, VP-9 and Pfc. Michael J. Parnapy, HQBN, pose with their awards after an award ceremony at Anderson Hall Dining Facility, May 11.





# Employer of the decade

Col. Michael O’Neal, deputy commander, MCB Hawaii, Kaneohe Bay, says a few words to the Rotarians and guests after Ross Mickey, president of the Windward Oahu Rotary Club, presented him with the Laulima Award. The award, which means a group of people or many hands working together, was to recognize MCB Hawaii as the Employer of the Decade; an award and title never before given out by the Rotary Club. Club officials said the Employer of the Decade award is a token of appreciation and that it did not encompass all the things the base has done for the community and state over the past 50 years.

Cpl. Megan L. Stiner

## GRADUATION, From B-3

took it, was a good course, but I think the inclusion of the broad expeditionary spectrum allows these Marines to grasp the much larger concept.”

The Command and Staff Seminar also offered a challenging curriculum for its students, most of who said they were extremely satisfied with the level of education they had received over the past two years.


“It was a very good course, and had some challenging features to it,” said Maj. Christopher C. Robinson, Naval Air Training and Operating Procedures Standardization program and aviation safety officer for the Marine Corps Air Facility, Kaneohe Bay. “It was a real sense of accomplishment, finalizing this course.”

Only 15 to 18 percent of Marine Corps officers are able to attend the resident course, according to Peoples, because operational commitments limit the number of officers the Marine Corps can afford to send to resident school each year. Though resident, Marines still get deployed, and both of these courses followed these officers wherever they went for the past two years — which included temporary additional duty assignments and even to deployment to a combat zone.

“We had two graduates that took their last two exams while deployed to Iraq,” said Peoples. “It takes a lot of personal discipline to get education done while deployed, and some of these officers couldn’t be with us today due to deployment, but they are still completing their coursework — that says a lot for the character of those Marines.”

“I’ve been doing this for almost 37 years now, but when I get the opportunity to come to a graduation like this, I jump at it, because I know that this is where I am going to get the opportunity to meet the great leaders of our future — right here in this room,” said Gen. Nyland. “While it may sound trite, I want to say thank you to each and every one of you for accomplishing the mission each and every day.”

## Command and Staff College

- 
- Maj. James H. Bain**, USMC, HQBN, MCB Hawaii
  - Maj. Wesley T. Bane**, USMC, HQSVCBN, MarForPac
  - Lt. Col. Christina M. Belnap**, U.S. Army, 61U, Tripler Army Medical Center
  - Capt. David R. Everly**, USMC, 1st Battalion, 12th Marine Regiment
  - Maj. Robert D. Gingras**, USMC, HQSVCBN, MarForPac
  - Maj. Jonathan D. Guarco**, USMCR, HQSVCBN, MarForPac
  - Maj. Kathleen A. Hoard**, USMC, HQSVCBN, MarForPac
  - Maj. Douglas K. Lang**, USMC, HQCO, 3rd Marine Regiment
  - Lt. Col. John F. Lawler**, USMCR, HQSVCBN, MarForPac
  - Maj. Thomas M. Loehle**, USMC, MCAF, MCB Hawaii
  - Maj. Thomas G. McCann**, USMC, HQBN, MCB Hawaii
  - Maj. James J. Migletz**, USMC, 2nd Battalion, 3rd Marine Regiment
  - Maj. John V. Moloko**, USMC, HQ PACFLT
  - David A. Pendleton**, Governor’s Policy Advisor, State of Hawaii
  - Maj. Christopher C. Robinson**, USMC, MCAF, MCB Hawaii
  - Cmdr. Andrew P. Spencer**, U.S. Navy, HQSVCBN, MarForPac
  - Maj. Michael A. Stroud**, USMC, HMH-463, MAG-24
  - Maj. Mark S., Szarmach**, USMC, HQSVCBN, MarForPac
  - Maj. Charles C. Terrasse**, USMC, HMH-463, MAG-24
  - Maj. Donald D. Welch Jr.**, USMC, 3rd Radio Battalion

## Expeditionary Warfare School

- Capt. Edward P. Amdahl**, USMC, 3rd Radio Battalion
- 1st Lt. Juliet N. Barnes**, USMC, HMH-362, MAG-24
- Gunnery Sgt. Steven M. Burkett**, USMC, SNCO Academy, MCB Hawaii

- 1st Lt. Matthew J. Gruba**, USMC, HMH-362, MAG-24
- Capt. Michael J. Habba**, USMC, HQBN, MCB Hawaii
- Capt. Claire M. Hamilton**, USMC, HQBN, MCB Hawaii
- Capt. Altie T. Holcomb**, USMC, HQSVCBN, MarForPac
- Capt. Colleen M. Judd**, USMC, HQ MAG-24
- Chief Warrant Officer 4 Karl V. Kirk**, USMC, HQCO, 3rd Marine Regiment
- Capt. Robert A. Kleinpaste**, USMC, HQCO, 3rd Marine Regiment
- 1st Lt. Sasha J. Kuhlow**, USMC, 3rd Radio Battalion
- Capt. David W. Laballe II**, USMC, HQBN, MCB Hawaii
- Capt. Michael S. Lorence**, USMC, HQSVCBN, MarForPac
- Capt. Sean P. McCarthy**, USMC, HQSVCBN, MarForPac
- Capt. Michael P. McDaniel**, USMC, HQSVCBN, MarForPac
- Chief Warrant Officer 4 Franc E. Montalvo**, USMC, IPAC, Hawaii
- Lt. Joseph E. Piansay**, U.S. Navy, Naval Health Clinic, COMNAV HI
- Capt. Bolivar P. Pluas**, USMC, CSSG-3
- Capt. Sam L. Roy**, USMC, HQBN, MCB Hawaii
- Capt. Bradley G. Sanders**, USMC, HQCO, 3rd Marine Regiment
- Chief Warrant Officer 4 Billy J. Singfield**, USMC, HQCO, 3rd Marine Regiment
- Capt. Michael F. Smith**, USMC, HMH-463, MAG-24
- Gunnery Sgt. Richard O. Stampp**, USMC, I&I, 4th Force Reconnaissance Company, MarForRes
- 1st Lt. Christopher D. Story**, USMC, MALS-24, MAG-24
- 1st Lt. Andrea M. Stover**, USMC, 3rd Radio Battalion
- Chief Warrant Officer 3 Keith E. Turner**, USMC, HQCO, 3rd Marine Regiment
- Chief Warrant Officer 2 Jason A. Woodworth**, USMC, MCAF, MCB Hawaii



# =WORD TO PASS=

**Volunteers Wanted for Coconut Island Cleanup**  
All are invited to help clean the beach at Coconut Island, Saturday. Volunteers will be picked up at the Marine Corps Base Hawaii marina at 7:45 a.m., taken to Coconut Island and returned to the marina at 1:30 p.m. Lunch and drinks will be provided. Children, under the supervision of Julie Thurston, will clean the beach while adults clear brush from the island. The tide will be high at noon so swimming in the salt-water pool will be at its best. Remember to wear appropriate clothing; i.e., long-sleeve shirt and closed-toe shoes. To volunteer, contact Jim Lakey at 236-7435 or 782-6150 or e-mail at lakeyv001@hawaii.rr.com or lakey@hawaii.edu.

**New Baby Expo Celebrates Babies**  
Stroll down the aisles of the Neal Blaisdell Exhibition Hall Saturday and Sunday, from 10 a.m. to 5 p.m., to find the latest products and services and entertainment geared toward parents and their babies. Bring your children for a romp in the Gymboree Play Area, sing along with free Kindermusic classes, and visit with Winnie the Pooh and Strawberry Shortcake. Also, the Baby Crawling Contest has returned, by popular demand, Saturday at 1 p.m., as well as Hawaii's Largest Baby Shower, Sunday at 1 p.m. Admission is \$4.50 and children 5 and under are free. For more, call 239-2229 or visit www.newbabyexpo.com.

**MCB Hawaii Motorcycle Association Meeting Set**  
Marine Corps Base Hawaii's Motorcycle Association meeting will be held Monday at 10 a.m. at the Base Theater. Superbikes Hawaii, Hawaii Road Race Association and possibly others are scheduled to be on hand. There will be static displays and discussions on safe riding, whether in a solo or in a group environment; track days at the Hawaii Raceway Park; track riding; general tips on how to maintain your motorcycle; and July's Superbikes Hawaii Military Appreciation Ride. All motorcycle riders on MCB Hawaii are encouraged to attend. For more information, call Tim Chrockrem, president of the MCB Hawaii Motorcycle Association, at 257-0509, extension 8313.

**Volunteers Sought to Place Flags for Memorial Day**  
It's that time of the year again. Memorial Day is just around the corner and the National Memorial Cemetery of the Pacific staff is looking for volunteers to place flags upon the graves, May 28, in preparation for Memorial Day ceremony to be held May 29. Once again, the Marine Corps Base Hawaii Motorcycle Association has been charged with placing flags in the center portion of the cemetery and everyone is invited to lend a hand, regardless of what you ride or drive. Volunteers should gather at the lookout point just outside MCB Hawaii, Kaneohe Bay's front gate at 8 a.m. for a brief on the route before heading out to Punchbowl at 8:15 a.m. Those coming from the Leeward side may elect to meet the group at Punchbowl around 8:30 a.m. instead. This has been a great event in the past and Punchbowl staff really appreciates the association's help. So, come on out and devote just a small portion of the morning to help honor those who came before. For more information, call Tim Chrockrem at 257-0509, extension 8313.

**Motorcycle Clubs Host 18th Annual Candlelight Run**  
In remembrance and honor

of all armed forces members who came before, all motorcyclists are invited to join the Vietnam Vets and Legacy Vets motorcycle clubs' motorcycle parade to the National Memorial Cemetery of the Pacific on May 29. Registration will begin at 4:30 p.m. at Kakaako Waterfront Park, located at the ocean-end of Cooke Street, and the procession will depart promptly at 5 p.m. for the ceremony at the cemetery. Everyone is invited to the party at the Fleet Reserve Association, on Valkenburg Street just off Nimitz Highway, following. There will be live music, prize giveaways and Brudda Dave's famous homemade spaghetti. Presale tickets for the party are \$10 per person or \$18 per couple. Tickets on the day of the event are \$12 per person and \$20 per couple. So come out and join in giving thanks to those who served before and honor through celebration, those who currently serve. For more details or to purchase tickets, call 286-2698 or 371-9439.

**Case Lot Sale Returns**  
The worldwide commissary case lot sales event is held every May and September, offering shoppers the chance to buy in bulk, their favorite products at savings of up to 50 percent; far above the 30 percent or more they normally save by shopping at their commissary. The ongoing Kaneohe commissary case lot sale will continue through Friday. The hours are 9:30 a.m. to 4 p.m. For those wanting to check out sales at other commissaries, a complete listing of the worldwide sale dates can be found at www.commissaries.com.

# Corps grants wish

**Cpl. Megan L. Stiner**  
*Combat Correspondent*

Growing up and choosing a profession can be one of the most trying choices a young adult has to make. Some children want to be fire fighters, so they buy a little plastic fire engine and drive it up and down their driveway; some want to be doctors so they get a stethoscope and memorize the names of the bones in the human body. Others choose a more demanding path. Jose Hernandez, 14, student at Castle High School, wants to be a Force Reconnaissance Marine. Hernandez is a member of the Junior Reserve Officers Training Corps at his school and recently had the opportunity to come aboard Marine Corps Base Hawaii, Kaneohe Bay, with his mother and a couple of his fellow JROTC friends to spend a few hours with the Marines of 4th Force Recon. The unique thing about Hernandez is that he was able to come onto K-Bay because of the Make-A-Wish Foundation. He has Acute Lymphoblastic Leukemia and his wish was to come on base and spend time with the Marines of 4th Force Recon. "This was very special to me and especially my son," said Margarita Hernandez, mother of Jose. "I wish to thank everyone who made this happen for him. I haven't seen him smile like this for a long time." During his visit, Hernandez and his guests were given the opportunity to coxswain a Combat Rubber Raiding Craft, don a Military Free-Fall parachute with O2, conduct Swing/Land training for parachute operations and fire a series of weapons on the K-Bay range. "My favorite part was shooting the



Cpl. Megan L. Stiner

**Jose Hernandez, 14, looks through the scope of a M4A1 silenced carbine rifle with the assistance of Sgt. Richard Therriault, scout, 4th Force Reconnaissance, as friends and family members look on during a visit to MCB Hawaii, Kaneohe Bay, May 12.**

sniper rifle," said Hernandez. "I didn't expect to be able to get to do that, so it was my favorite thing." When Hernandez visited the 4th Force Recon Marines 1st Sgt. Pete Thorton, Marine instructor at Castle High School, greeted him. "Jose was diagnosed right after our JROTC mini-crucible," said Thorton. "He is an inspiration to everyone, though. There is no doubt he will beat it. He has more guts than some Marines I know." According to Cynthia Quinn, Hernandez knew exactly what he wanted for his wish and the response from the Marine Corps was unbelievable. "The kids we work with are the most selfless people you could ever meet," said Quinn. "When you add that to an amazing group of people like the Marines, good things happen. This was a great opportunity for Jose to experience." No one who came with Hernandez on the visit could say enough good things about him. "We have been friends since seventh grade and both ended up joining JROTC," explained Matthew E. McElroy, 15. "I was really surprised when I got the news about his condition, and since then he has been the one keeping everyone's spirits up and always saying he is fine, even if he may not be feeling well." After his visit Hernandez wanted to become a Recon Marine even more than he did before he got the opportunity to see their job, first hand. "I want to do that even more now," he expressed. "I really enjoyed everything about being with the Marines and firing weapons and being on base. Someday I will be there."



Cpl. Megan L. Stiner

# A gift of life

Chief Warrant Officer Eric Kelz, officer-in-charge, Inbound Section, Installation Personnel Administration Center, Marine Corps Base Hawaii, Kaneohe Bay, relaxes while Army Specialist Andrew Harris, medical lab technician, Tripler Army Medical Center, removes his IV during IPAC’s blood drive, May 12. Kelz has given blood many times to support those in need. The blood collected at the drive helps replenish Tripler’s supply of blood.

## REUNION, From B-3

look forward to. Our emotions take their own kind of time to catch up to it all and that’s okay. But now it’s time to get into the weeds of this business. Denial can be easy, but it can also be expensive. What this means is that you may be tempted to say that things will work out fine without some planning and preparation, but the military families that have done this already are on the record saying it isn’t so. Military families are so resilient and so good at adjusting; surely this repeating long-deployments stuff won’t be too tough for us, right? We’re the ones that are good at “getting good” at transitions. Surely no one in our own com-

munity needs to worry much over what others of us have already been through with reunion. If you are thinking this way, think again and watch this column for more important discussion of the reality that we call reunion. These shark-infested waters can be navigated but only if you know how to avoid the sharks. MCCS’ Marine and Family Services can help you plan and think ahead for reunion. Have you wondered how things look from your spouse’s perspective or how to help your kids adjust to having dad or mom back? Maybe your focus in on money matters or what happens in families because of battlefield stress? Call 257-7787 or contact MCCS One Source at www.mccsonesource.com or 800-433-6868.

# MARINE MAKEPONO

HAWAIIAN FOR “MARINE BARGAINS”

**Automobiles**  
**’97 Oldsmobiles**  
**Silhouette Minivan**, V-6, A/C, power sliding door, 95k miles. Asking \$5,000. Call 254-5028.  
**’03 Ford Explorer**, black, V-8, fully-loaded, in excellent condition, 19k miles. Asking \$24,000 or best offer. Call 253-0648.

**Motorcycles**  
**’97 Suzuki GSX-R600**, 18k miles, Dynojet Stage 1 jet kit, NGK spark plugs, EBC HH pads, Goodridge braided lines, Galfer wave rotors, Yoshimura RS-3 bolt-on exhaust system, Pirelli Diablo tires, JTS sprockets and 520 chain, frame sliders, NRC race billet engine covers, and more. Asking \$4,200 or best offer. Call Mark at 477-8321 (days), 626-1717 (evenings).

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.  
Ads are free, but should consist of no more than 20 words. Ads will appear in two issues of the **Hawaii Marine**, on a space-available basis. Those interested in advertising must bring a valid DoD-issued ID to the **Hawaii Marine** office.  
The deadline for submitting ads to the **Hawaii Marine** is 4 p.m. the Friday of the week prior to publication.  
Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Building 216, Room 19, at Kaneohe Bay.  
Makepono may be used only for noncommercial classified ads containing items of personal property and are run on a first-come, first-served basis.  
To renew an ad or for more information, call the **Hawaii Marine** office at 257-8836 or 257-8837.

# ON THE MENU

## AT ANDERSON HALL

<b>Today</b> <i>Lunch</i> Seafood Platter Fried Fish Nuggets Fried Shrimp Fried Scallops Breaded Oysters Lasagna Baked Ravioli Macaroni and Cheese Simmered Asparagus Italian Mixed Vegetables Chewy Nut Bar Yellow Layered Cake w/Butter Cream Frosting Fruit Pies  <i>Dinner</i> Roast Pork Loin Barbecued Chicken Mashed Potatoes Wild Rice Corn on the Cob Chewy Nut Bar Yellow Layered Cake w/Butter Cream Frosting Fruit Pies  <i>Specialty Bar</i> Pasta Bar	Herbed Green Beans Simmered Carrots Broccoli Brown Gravy Chicken Gravy Apple Sauce Cake  <b>Sunday</b> <i>Brunch/Dinner</i> Yankee Pot Roast Baked Ham Mashed Potatoes Candied Sweet Potatoes Simmered Mixed Vegetables Pinto Beans Chocolate Layered Cake w/Chocolate Cream Frosting Fruit Pies  <b>Monday</b> <i>Lunch</i> Baked Meatloaf Creole Pork Chops Mashed Potatoes Noodles Jefferson Boston Baked Beans Apple Crisp Chocolate Chip Cookies Fruit Pies  <i>Dinner</i> Baked Turkey and Noodles Baked Fresh Fish Steamed Rice Simmered Corn Apple Crisp	Chocolate Chip Cookies Fruit Pies  <i>Specialty Bar</i> Pasta Bar  <b>Tuesday</b> <i>Lunch</i> Beef Sukiyaki Pork Chop Suey Egg Foo Young Chinese Fried Egg Rolls Steamed Rice Chicken Fried Rice Vegetable Stir Fry Chocolate Pudding Fruit Pies  <i>Dinner</i> Creole Macaroni Honey Ginger Chicken Breasts Mashed Potatoes Noodles Jefferson Cauliflower Au Gratin Chocolate Pudding Fruit Pies  <i>Specialty Bar</i> Taco Bar  <b>Wednesday</b> <i>Lunch</i> Barbecue Spareribs Country Style Steak Red Beans and Rice Mashed Potatoes Southern Style Collard Greens	Oatmeal Cookies Fruit Pies  <i>Dinner</i> Baked Chicken Beef Pot Pie Boiled Egg Noodles Mashed Potatoes Southern Style Squash Brownies Fruit Pies  <i>Specialty Bar</i> Hot Dog Bar  <b>Thursday</b> <i>Lunch</i> Baked Lasagna Veal Parmesan Mashed Potatoes Italian Mixed Vegetables Garlic Toast Brownies Fruit Pies  <i>Dinner</i> Chicken Vega Simmered Corned Beef Parsley Buttered Potatoes Buttered Egg Noodles Simmered Carrots Apple Pie Oatmeal Cookies Fruit Pies  <i>Specialty Bar</i> Taco Bar
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